



Dates to Remember

Friday 4 July

Last day of Term 2

Monday 21 July

School Development Day

Tuesday 22 July

First day of Term 3 - students

Friday 1 August

Pyjama Day

Thursday 7 August

NAIDOC Day at St Joseph's

FROM THE PRINCIPAL

Dear Parents/Caregivers and School Community,

As we near the end of the semester, it's a great opportunity to celebrate some of the achievements of our students, staff and school.

We have enjoyed a very entertaining circus challenge incursion and held a successful walk to school day earlier this term. Our 5/6s enjoyed the opportunity to head to Kalgoorlie for camp, and by all reports at Assembly last week, so did Ms Rees! Footy clinics, Winter Carnivals and Cross-country events ran smoothly and were enjoyed by all in attendance.

Some of our students, however, missed out on these opportunities. Our school will be increasing our focus on attendance next semester. School attendance is a key factor in student achievement and it plays a crucial role in shaping your child's future. While we understand that 100% attendance is not always possible due to illness or family matters it is important we aim as high as possible.

By missing just 1 day a week, this can equal 2 and a half years of schooling missed over 12 years of schooling. Regular attendance at school instils in children a sense of responsibility and the importance of commitment. This teaches them the value of showing up ready to take on challenges and students learn to

navigate obstacles with more resilience. This consistency also helps them achieve their academic goals and build better relationships with staff and students. Most importantly, it provides them with more opportunities – this is our moral purpose as teachers - to provide our students with the most number of possible opportunities for future success in life when they leave our school at the end of Year 10 or 12.

Achieving higher attendance starts with a collaborative effort between parents/students and our school. If your child is not well or unable to attend school please notify the school promptly with a reason for their absence. If you need support please reach out to the school for assistance – we are here to help.

One of our other key focus areas next semester will be student uniform. School uniform creates a sense of pride and belonging in our school and promotes equality and a sense of community. Our P and C has recently purchased blue school caps that are available for our secondary students next term and we encourage parents/caregivers to contact the P and C or school if they require any other uniform.

Next term we have added a couple of fun days to the term planner with Pyjama Day Friday 1 August and Pirate Day toward the end of term. More information will be shared with our school community when we return next term.

Finally, I am sad to announce that Ms Rees will be leaving us at the end of this term. I would like to say a very big thank you to Ms Rees for your commitment to our school and students and for what you have brought to our team. We wish you all the best on your next adventure!

I will be on long service leave for the first two weeks of Term 3 and Ms East will be Acting Principal for this time. Please reach out if you need anything. I wish everyone a safe and wonderful holiday break and we will see our students return on Tuesday 22 August after our Staff Development Day on the Monday.

Mat
PRINCIPAL

ATTENDANCE REMINDER

We understand that there may be times when children need to be absent from school such as an illness, out of town appointments or for family reasons. On these occasions it is important to inform the school of any reasonable absences. It is a requirement that if a student is absent for 3 consecutive days or longer, that a medical certificate is supplied to cover these dates.

Every Day Counts

If you want your child to be successful at school then,
YES, attendance does matter!

1 or 2 days a week doesn't seem much but.....

If your child misses.....	That equals.....	Which is.....	And over 13 years of schooling that's.....
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1.5 years
1 day per week	40 days per year	8 weeks per year	Over 2.5 years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

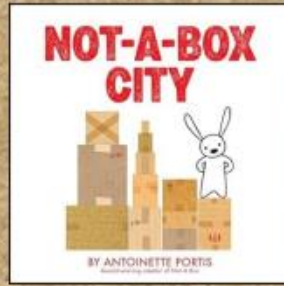
How about 10 minutes late a day? Surely that won't affect my child?

He/ She is only missing just.....	That equals.....	Which is....	& over 13 years of schooling that's...
10 mins per day	50 minutes p/week	Nearly 1.5 weeks p/yr	Nearly half a year
20 mins per day	1hr 40 mins p/ week	Over 2.5 weeks p/year	Nearly one year
30 mins per day	Half a day p/ week	4 weeks p/ year	Nearly 1.5 years
1 hour per day	One day p/ week	8 weeks p/ year	Over 2.5 years



**Year 3 to 6 Winter
Carnival with Mrs Field**





Early Childhood



It's amazing what can be built with boxes. We have enjoyed building and rebuilding a city from boxes. Everybody works as a team and then plays together.



Year 2/3 class with Ms Fogarty

Year 2/3 made collages in art, collecting interesting things around the school yard to create these nature inspired pieces.



With Ms Tisdell

TERM 2 SCIENCE

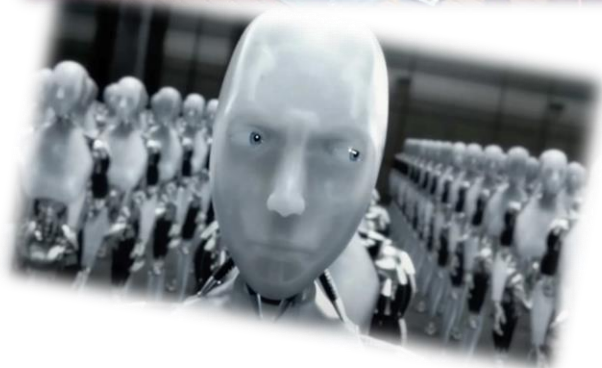
THIS TERM WE COVERED EARTH AND SPACE SCIENCES.



Year 9/10 and 7/8 with Mr Paul



This term: The year 9/10 have been working on Artificial Intelligence, and Robotics, where they were asked to consider the Ethical, Moral, and practical dilemmas of having such technology in the home. This was based on the Isaac Asimov movie called I Robot, and they produced a slide presentation highlighting the current trend and development in AI, and to reflect on what the future may hold for all.



The Year 7/8 have been undertaking historical aspects of Egyptology and Ancient Australia, they studied the Otzi Man from Austria/Italian Alps discovered in 1991 as full preserved Human from around 3500 years ago!

Footy Clinic with Paul Reid



Honour Certificates

Pre-Primary

Hawaiki for becoming a more confident and involved with his letter sounds and tricky words
Mrs Dal Busco

Year 3

Phoenix the neatest writing and remembering capital letters and full stops in sentences
Ms Fogarty

Year 4

Avah for her exceptional work on paper production Ms Long

Year 5

Loki for his persistence across all learning areas Ms Long

Loki for being a respectful and supportive class member during Science. Great work Loki!
Ms Tisdell

Year 9

Isabhella for consistently applying herself during Science and Art lessons. Fantastic work!
Ms Tisdell



Assembly 4, Term 2

Congratulations to...

Merit Certificates

PBS Stars

We hope everyone has an enjoyable and safe break!

Congratulations to Tia for being selected for PEAC.

PIC•COLLAGE





Positive Behaviour Support (PBS) Week 5-9 Blue Card draw

Hawaiki – PP
Hawaiki – PP
Maddy – Year 9
Dani – Year 10

VOLUNTARY CONTRIBUTIONS 2025

Kindergarten \$60.00
Pre-Primary \$60.00
Primary \$60.00
Secondary \$235.00

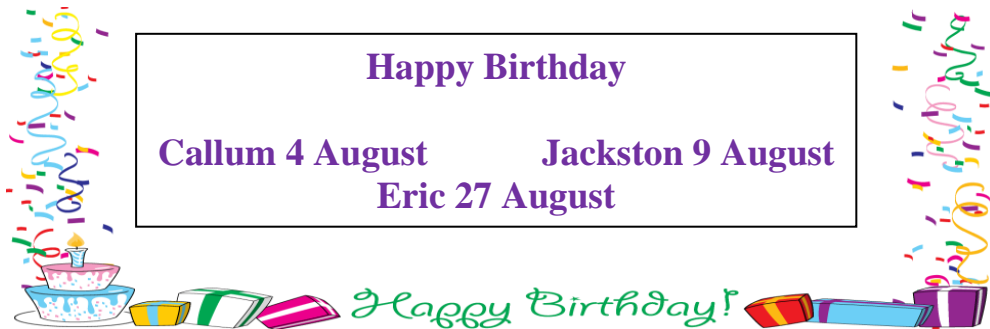
Contributions can be deposited directly to our school Bank Account

Account Name: Southern Cross District High School

BSB: 036128

Account Number: 860047

Please make sure that you identify your deposit with your child's name to ensure that we credit it correctly.



P & C News

**If you are in need of School Uniforms please contact the P&C Uniform Co-ordinator
Bianca Bradford on 0429 001 817 to make an appointment.**



School Polo



Windcheater

**We also have a large amount of Winter Uniforms in our lost property box.
First in best dressed.**

Dress Code at Southern Cross District High school is an important part of the School ethos. The School Board and Parents and Citizens Association fully endorse the dress code for the following reasons:

- Promotes a positive image of the school and creates a sense of identity among students.
- Ensures students are safely dressed and groomed appropriately for specific school activities.
- Encourages equity among students.
- Keeps the cost of clothing within reasonable limits for parents.
- Assists students to learn the importance of appropriate presentation.

School Uniform Guidelines

Items designated on the current '**Uniform Order Form**' constitute the dress code. For the Primary and Secondary students, in summary this is:

- Polo Shirt – Navy/Sky Blue + logo
- Navy blue dress - logo
- Windcheater/Crew Neck Jumper with logo
- Fleecy Polo Neck Windcheater with logo
- Bucket hat with logo

Head Wear

The school has a “No Hat, No Play” policy for all outdoor activities. Students may choose not to wear their hat in the undercover area only. The following is applicable:

- **Primary aged students: Navy bucket hat with light blue trim and school logo. Style as per P & C Uniform Shop.**
- **Secondary aged students: have the opportunity to wear an appropriate hat of their choice or the navy bucket hat with light blue trim and school logo.**

Footwear

It is most important for students to maintain high safety standards for footwear. Students without appropriate footwear may not be allowed to participate in some activities.

- Flat soled, lace up or Velcro shoes/joggers only.
- Sandals – flat, Velcro fastened or buckle.

NB: Slip on shoes are not permitted for Physical Education activities. All laces must be secured.

NB: Fully enclosed footwear is compulsory for safety reasons in some areas of Science, D&T and Home Economics.

Personal Presentation

- Uniform items are to be neat and clean.
- Under-garments should not be visible.
- Make up is not permitted.
- Nail polish, glitter or stick on tattoos are discouraged.
- Watches, studs and sleepers (in pierced ears) are the only jewellery permitted.
- Hair dyes / sprays are discouraged.
- Hair that is longer than *collar length* needs to be tied back.

Hand hygiene for children and carers

Teaching children good hand hygiene sets up lifelong habits to stop the spread of infection.



What is hand hygiene?

- Hand hygiene means keeping your hands clean.
- It means washing your hands with soap and water or rubbing them with sanitiser to remove the germs that cause infection or disease.
- Having clean hands helps prevent the spread of illnesses, such as the common cold, flu, COVID-19, gastro, and childhood illnesses.

Why is hand hygiene important for children?

Children's immune systems are not yet mature, which means they are more vulnerable to getting infections.

Germs can spread easily between children and their carers because children touch things, play with other children, and share toys.

You can encourage children to wash their hands by helping, supervising, and giving gentle reminders.

How should children do hand hygiene?

Children should wash their hands using soap and warm running water. This is the best way to get rid of germs and is cheap and easy to do.

Children can also safely use hand sanitiser if soap and water are not available.

5 easy steps for hand washing



When should children do hand hygiene?

- **When arriving** at school or childcare
- **Whenever** their hands look dirty.

BEFORE

- Eating or touching food.

AFTER

- Eating or touching food
- Going to the toilet
- Blowing or wiping their nose
- Sneezing or coughing
- Touching animals
- Playing outdoors.

When should carers do hand hygiene?

- **Before and after** giving medications to a child
- **Whenever** their hands look dirty.

BEFORE

- Preparing or eating food
- Helping children with eating or drinking.

AFTER

- Changing a nappy or helping a child to the toilet
- Helping a child with wiping or blowing their nose
- Cleaning activities.



Safe use of hand sanitiser for children



- Always supervise young children when they are using alcohol-based hand sanitiser to prevent accidental swallowing.
- Hand sanitiser should be stored out of the reach of small children and placed at a suitable height to avoid splashes.



For more information

Visit the **National Hand Hygiene Initiative** at www.safetyandquality.gov.au/nhhi

Packing a healthy lunchbox

A lunchbox should contain about one third of a child's food for the day. Remember to also pack a water bottle and a Crunch&Sip® snack, preferably vegetables. For a healthy lunchbox pick an item from each of the key groups:



1. Vegetables
as snacks or as a filling



2. Fruit
as snacks



3. Bread & Cereals
wholegrain or multi



4. Dairy rich in calcium
reduced fat milk, yoghurt,
cheese or alternatives



5. Meat and meat alternatives
rich in protein



6. Crunch&Sip®
vegetables or fruit and a water
bottle

Crunch on vegetables!

This term our school is encouraging families to get excited about eating vegies by packing them as often as possible for Crunch&Sip®.

Why vegetables?

Vegetables and fruit are both important food groups packed with a range of nutrients that promote good health. However, while most primary school children are doing a great job of eating enough fruit, **only 1 in 16 are eating enough vegetables**. That's why it's important for children to get an extra serve of vegetables during Crunch&Sip® breaks.

Benefits of eating vegies for Crunch&Sip®

- Vegetables contain lots of vitamins, minerals and dietary fibre which help promote healthy growth and development.
- Vegetables can be a very cost-effective option - a serve of carrots or celery costs less than 30c!
- Do you have a fussy eater? When kids see their peers eating different foods, they are more likely to join in and try something new.



We encourage you to support us in this initiative by providing a healthy snack of whole or cut up vegies as the preferred option for Crunch&Sip®.

Supported by
healthway

Cancer
Council
WA

Learn more at crunchandsip.com.au

Crunch&Sip®

Healthy food and drink choices in schools

Information for parents and carers

The school day is often busy, filled with learning and involving concentration and physical activity. Food is fuel for our bodies and healthy food provides your children with the energy and nutrients they need to get through the day.

Food from home

We recommend these five simple steps to help your children get through the day:

- ✓ A healthy breakfast
- ✓ Plenty of fruit and vegetables
- ✓ Dairy products – two to three serves of milk, cheese or yoghurt to meet their daily calcium needs
- ✓ Water – the best thirst quencher
- ✓ Lunch and snacks like those to the right.

Tips for packing a lunchbox

What you pack in your child's lunchbox is really important. Try to include as many healthy foods as possible – and definitely keep junk away from school.

Packing a frozen drink or an ice brick in your child's lunchbox will help to keep food fresh and safe to eat.

Keeping your child's lunchbox healthy and interesting can be a challenge, so it's important to find food that will stay in the lunchbox and out of the bin!

When making lunches at home we encourage parents to choose a variety of foods.

Healthy lunch ideas

- ✓ sandwiches, rolls or wraps
- ✓ quiche
- ✓ mini pizza with cheese and vegetable toppings
- ✓ muffins made with corn or grated vegetables such as carrot or zucchini.

Healthy snack/recess ideas

- ✓ rice cakes and reduced fat cream cheese
- ✓ fresh fruit pieces and yoghurt dip
- ✓ plain popcorn
- ✓ small tub yoghurt
- ✓ reduced fat cheese stick or triangle
- ✓ muffins with fruit
- ✓ English muffin with reduced fat cheese
- ✓ fruit bread
- ✓ scone – plain or fruit or pumpkin
- ✓ pikelets
- ✓ small sandwich
- ✓ crispbreads and spread
- ✓ wholemeal crackers and reduced fat cheese.

Please don't send these foods and drinks to school

- ✗ chips, crisps and similar snacks
- ✗ high fat savoury biscuits and snacks
- ✗ sweet biscuits and cereal bars
- ✗ lollies and chocolates
- ✗ fruit straps
- ✗ cream and chocolate biscuits
- ✗ iced cakes and buns
- ✗ soft drinks and artificially sweetened drinks.



A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health

Creative recipes for lunchboxes

Mac & Cheese Muffins

Recipe developed by The Dairy Kitchen at Dairy Australia

Makes: 18

Traffic Light Category: Green

Ingredients:

- ½ cup grated pumpkin
- ½ cup grated carrot
- 2 tablespoons water
- 2 cups elbow pasta or macaroni
- 2 tablespoons self raising flour
- ¼ cup milk
- 1 teaspoon dijon mustard
- 3 eggs
- 125g can corn kernels, drained and rinsed
- 2 cups grated reduced fat cheddar cheese
- 2 tablespoons finely grated parmesan cheese

Method:

1. Boil macaroni for 10 minutes or until al dente, drain well
2. Meanwhile, place pumpkin, carrot and water in a microwave safe steamer and steam on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork
3. Whisk flour, milk, mustard and eggs together in a large bowl, then mix in cheddar cheese, corn, mashed vegetables and macaroni until combined
4. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan
5. Bake at 180°C for 20-25 minutes until golden brown. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.

Tip: This recipe is suitable to freeze.



Perfect Pikelets

Recipe from Canteen Cuisine

Makes: 25

Traffic Light Category: Green

Ingredients:

- 2 cups self raising flour
- 2 tablespoons sugar
- 2 eggs
- 1 ¼ cups reduced fat milk
- 1 tablespoon polyunsaturated margarine melted or poly-unsaturated oil

Method:

1. Sift dry ingredients into a large bowl
2. Combine wet ingredients in a jug
3. Add wet ingredients to dry ingredients and stir until smooth
4. Heat a flat non-stick sandwich press or frypan – drop small tablespoons of pikelet batter onto the sandwich press or pan and turn when bubbles rise to the surface.

Tip: This recipe is suitable to freeze.

Fruity additions –

- 1 grated unpeeled apple and 1 teaspoon of ground cinnamon
- 1 medium mashed banana or 1 grated pear
- 1 ½ cups fresh or frozen blueberries and 2 teaspoons vanilla

Note: This recipe uses self raising flour and makes 'fluffy' pikelets. For a traditional 'flat' pikelet/pancake use plain flour.

Healthy food and drink choices in schools

GREEN	Examples
Fill the menu	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals; oats; pasta; noodles; rice; polenta; cous cous; quinoa; barley
Vegetables	Vegetables (fresh, frozen and tinned); salads (reduced fat dressing only); all salad mixtures
Fruit	Fresh; frozen; tinned (in natural juices)
Legumes	Tinned (e.g. bean mix, kidney beans); cooked; baked beans
Reduced fat dairy products and alternatives	Yoghurt (plain or fruit); cheese; liquid breakfast*
Lean meat, poultry, fish and alternatives	Lean meats (excluding ham); chicken (no skin) or registered meats*; fish (e.g. tuna, salmon, sardines); egg
Sandwich fillings	Lean meats (excluding ham); chicken (no skin); fish; creamed corn/corn kernels; egg; canned spaghetti (reduced salt); salads; baked beans; reduced fat cheese; hommus; vegemite; yeast spreads; fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings); baked potatoes; rice; soups; toast; English muffins; crumpets; raisin toast; meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Scones; raisin or fruit bread; pikelets; bread sticks; bruschetta; water crackers; rice crackers; rice cakes; popcorn (plain air-popped); seed packs; trail mix based on wholegrain breakfast cereals; reduced fat cheese/dip/cracker packs*
Drinks	Water (including carbonated); reduced fat milk (plain) and their alternatives e.g. soy milk: no serve size restrictions; reduced fat milk (flavoured): maximum serve size 375mL; fresh fruit milkshakes
AMBER	Examples
Select carefully and limit	
Reduced fat dairy products	Dairy desserts
Full fat dairy foods and alternatives	Milk; soy; yoghurt (plain or fruit); custard; cheese
Savoury commercial products#	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Processed meats	Lean ham; lean bacon
Dried fruit	Dried fruit (excluding fruit leathers)
Snack food bars	Registered products such as breakfast bars; cereal bars; fruit bars*
Savoury snacks	Registered products such as oven baked vege chips; garlic or herb bread lightly spread*; lightly flavoured snacks such as crisps, crackers and popcorn*
Cakes, muffins and sweet biscuits	Registered products such as cakes; muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour*)
Ice-creams, ice-blocks, fruit based icy-poles, slushies	Registered ice-creams*: milk based ice confectionery; frozen yoghurts; rice cream; 99% fruit juice based icy-poles
Drinks	Reduced fat milk (flavoured): larger than 375mL; fruit juices, vegetable juices and mixed juices (including carbonated products): 99% and with no added sugar or sweeteners, maximum serve size 250mL of juice
RED	Examples
Off the menu:	
Confectionery	All types, caramelised pop corn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey; jam; chocolate spreads; confectionery sprinkles
Cakes, muffins and sweet pastries	Croissants; doughnuts; cream filled buns; iced cakes; sweet pastries; slices
Drinks	Soft drinks; artificial or intense sweetened soft drinks; energy drinks; cordials (including low joule); sports drinks; water: flavoured with fruit juice, sugar, artificial or intense sweetener (including carbonated products); high caffeine drinks (e.g. drinks containing guarana); fruit juices, vegetable juices and mixed juices (including carbonated products): with less than 99% juice and/or added sugar and/or sweeteners and/or larger than 250mL juice

* Meets the criteria for Star Choice™ registration #To be offered a maximum of two occasions per week

At school

Schools have a vital role to play in helping reduce the worldwide epidemic of childhood obesity. It is important to reinforce messages being taught in the classroom by modelling healthy food and drink choices in canteens and tuck shops, with class treats, on school camps and excursions.

The traffic light menu

In Western Australia, public schools follow a traffic light system to ensure a wide range of foods that make up the majority of a healthy diet are on the menu. These easy to follow signals help to plan menus full of healthy, nutritious and affordable food for your children.

The table to the right provides examples of GREEN, AMBER and RED foods for public schools. Your school will also have a policy about nuts and nut spreads.